



**Self-awareness**  
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The inner relationship with self, sets the tone for all our other relationships - relationships with our environment, partners, friends, children, work, community. This inner relationship also influences our approach to anger, grief and loss, self-expression and creativity.

By raising self awareness, self acceptance and self respect, we can begin to reunite with our sometimes divided inner selves, reconnecting with our own unique sense of purpose. The result of this can be a feeling of positive energy flowing, since energy is not being lost by self defeating thoughts. Paradoxically, such a reunion with our own potential often seems to open the possibility for more satisfying connections with others in both work and personal life, since relationships are less fraught with defensiveness, envy or competition.

Counselling is one path that can assist in the journey of reunion with the self. Other paths include meditation and attention to dreams. Even travel, music, art, sport, and endeavour of all kinds are outer happenings that can have inner meaning. These paths need not be mutually exclusive; we can experience our journey in more than one dimension. Sometimes progress in such a journey requires effort and self discipline; other times things seem to just "flow", like when sports people speak of being in "the zone".

If you are seeking a confidential and supportive environment in which to reconnect with your own inner meaning, or to explore your elements of pain, anger, doubt, fear or confusion, the counselling setting may provide that environment for you.

It is my aim, professionally, to provide a safe and confidential setting where individuals, couples and families can come to reflect, to dare to look at their inspiration and suffering. To work on understanding self and others, and move towards more loving resolution of differences.